State of New Mexico
DEPARTMENT OF HEALTH

PUBLIC HEALTH DIVISION

# BEHAVIORAL RISK FACTOR SURVEY

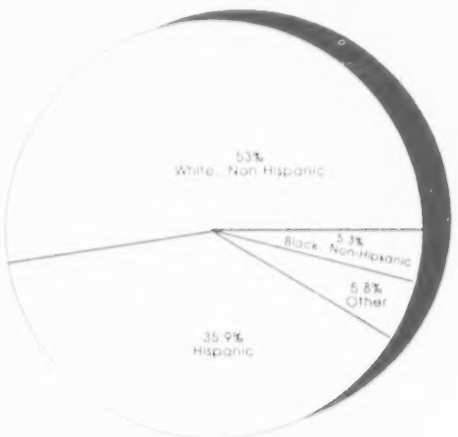
## 1991 • DATA • SUMMARY

During 1991, New Mexico, forty-six other states and the District of Columbia participated in the Centers for Disease Control Behavioral Risk Factor Survey. The telephone survey, using random-digit dialing techniques and standard questionnaires and procedures, collected data on the prevalence of health behaviors and practices of adults 18 years of age and older. The rates are based on self-reporting and were weighted to account for the sex, race and age distribution in each state.

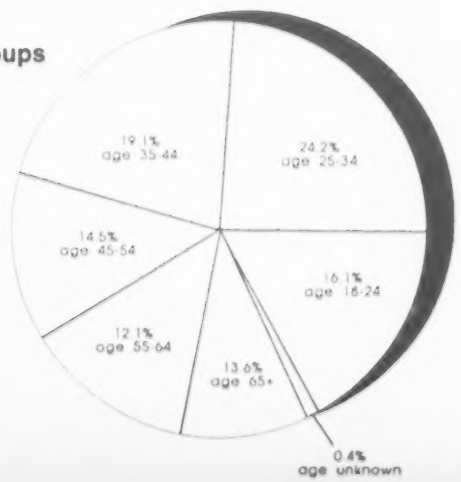
A detailed report of the survey is available from the Public Health Division's Health Promotion Bureau, (505) 827-2380. The following is a summary of highlights of the survey for New Mexicans.

## SELECTED DEMOGRAPHIC CHARACTERISTICS OF THE RESPONDENTS:

**By Race**




**By Age Groups**




The educational level of the respondents varied as follows:

| | |
|---|---|
| 9th grade | 4% |
| some high school | 9.7% |
| high school graduate | 28.2% |
| some technical school | 1.1% |
| technical school graduate | 0.7% |
| some college | 30.4% |
| college graduate | 30.4% |
| post graduate | 8.8% |
| and unknown, refused | 0.4% |

The employment status of the respondents was as follows:

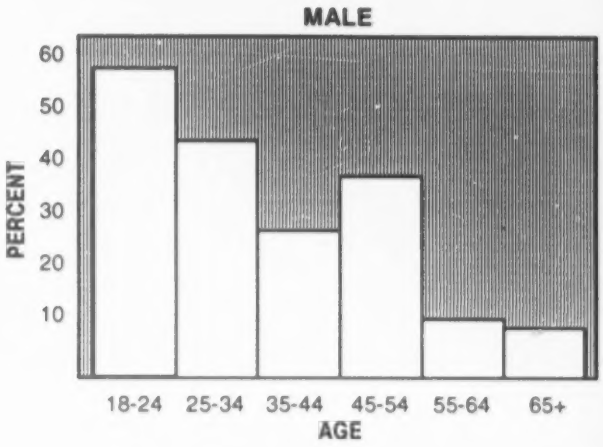
| | |
|---|---|
| employed | 55.2% |
| self-employed | 4.6% |
| out of work | 5.2% |
| homemaker | 12.6% |
| student | 6.9% |
| retired | 15.5% |

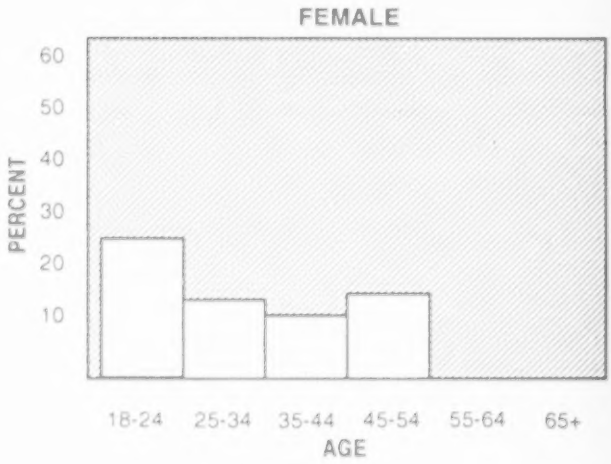
48.5% of the Behavioral Risk Factor Survey respondents were males and 51.5% were females as compared to 49.2% males and 50.8% females in the census data for New Mexico.

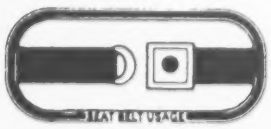
# USE OF ALCOHOL

Persons reporting to have 5 or more alcoholic drinks on one or more occasions in the past month

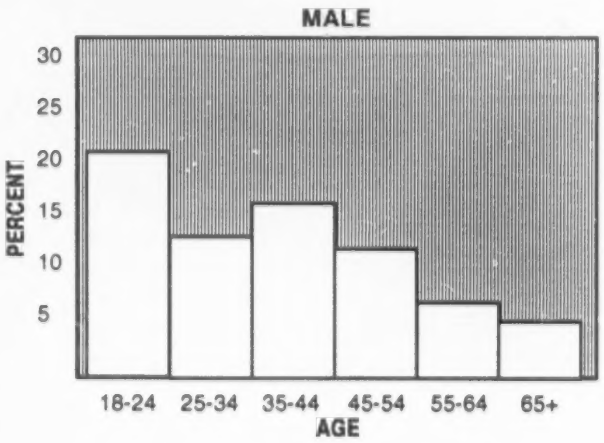
New Mexico's self-reported prevalence of driving when having too much to drink was (5.0%). Moreover, New Mexico has the highest motor-vehicle fatality rate per capita in the nation with 56% of those fatalities alcohol-related in 1991. The Traffic Safety Bureau reported that in 1991, 893 of the alcohol-involved drivers in crashes were under 21 years of age. 49.8% of male respondents in the Behavior Risk Factor Survey reported that they drank alcoholic beverages in the past month and 35.6% of the females reported alcohol consumption in the past month. The 18-24 age group reported the highest percentage (55.9%) in reference to consumption of alcoholic beverages in the past month.

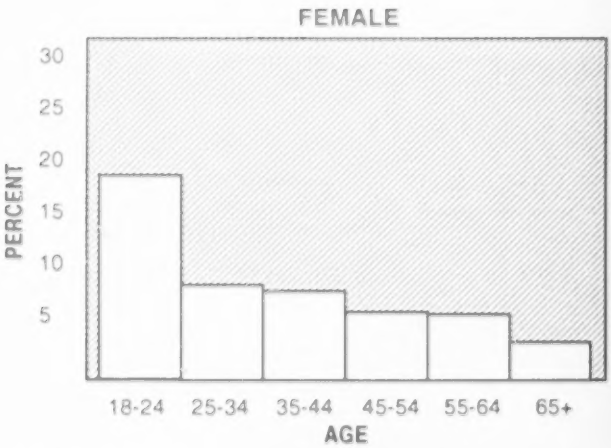


# NON-USE OF SEAT BELTS



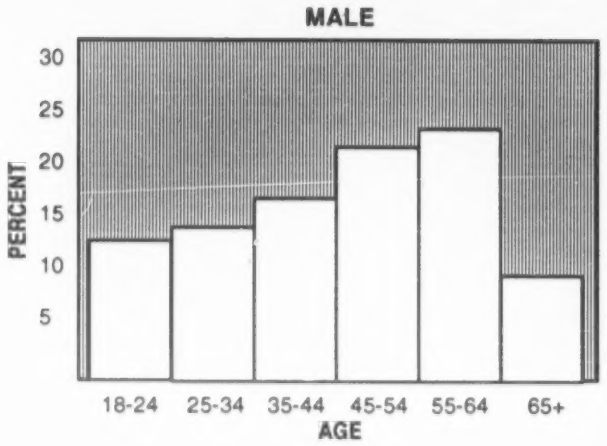



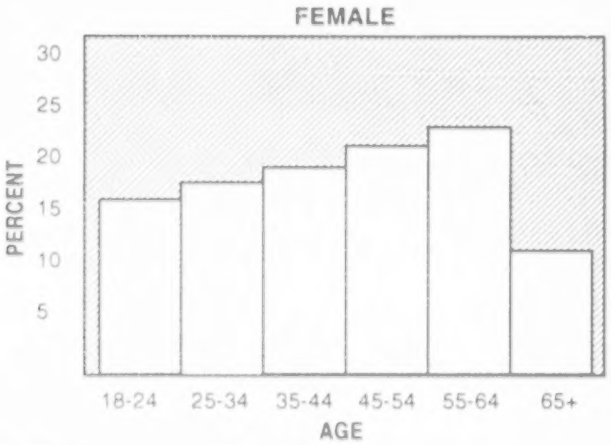

10.6% of New Mexicans surveyed reported that they "never", "seldom" or "sometimes" use seatbelts. The percentage of non-use was higher for males than for females (13.1% versus 8.2%) and highest for both males and females in the 18-24 age group (21.4% and 18.6% respectively). The percentage was lowest for the 65 + age group (3.9%).

# CURRENT SMOKERS

16.4% of New Mexicans surveyed reported being current smokers. Overall, the percentages of current smokers were 16.0% for males and 16.7% for females. The highest prevalence rates for males was in the 55-64 age group (23.5%) and in the 35-44 age group (19.4%) for females. 15.2% of the respondents reported that they were former smokers. High school graduate respondents were the highest percentage of current smokers (21.8) and respondents with post graduate level of education were the lowest (6.3%).

| YEAR | CURRENT SMOKER | FORMER SMOKER | NEVER SMOKED |
|---|---|---|---|
| 1989 | 22.1% | 22.6% | 55.0% |
| 1990 | 22.2% | 22.4% | 55.1% |
| 1991 | 16.4% | 15.2% | 68.4% |




# CANCER DETECTION

**MAMMOGRAM:** The percentage of New Mexico women who had a mammogram are:

| | |
|---|---|
| Age 18-39 | 19.7% |
| Age 40-49 | 60.0% |
| Age 50+ | 66.1% |

64.1 % of all New Mexico women over the age of 40 reported that they had ever had a mammogram. A higher percentage of White, non-Hispanic women (68.3%) than those of Hispanic origin (57.7%) had ever had a mammogram. 95.6% of the women, age 40-49 who had a mammogram, had one in the past five years.

**PAP SMEAR:** 97.5% of New Mexico women respondents have heard of a pap smear. Of the women who have heard of a pap smear, 92.6% have had a pap smear. 69.4% of the women who responded had one in the past year. The percentage of women who have had a pap smear in the last year decreased from 97.7% in the 18-24 age group to 60.3% in the 50-64 age group and to 44% of the age 65+ age group.

# HIGH BLOOD PRESSURE

14.7% of New Mexico respondents reported that they had been told that their blood pressure was high. The percentage for males was 14.9% and 14.6% for females, and the prevalence for hypertension generally increased with age. 58.9% of those told they had high blood pressure were prescribed medication. 70.3% of those respondents who were told that they had high blood pressure were told more that once that their blood pressure was high. Only 0.7% of those surveyed never had their blood pressure taken by a health professional.

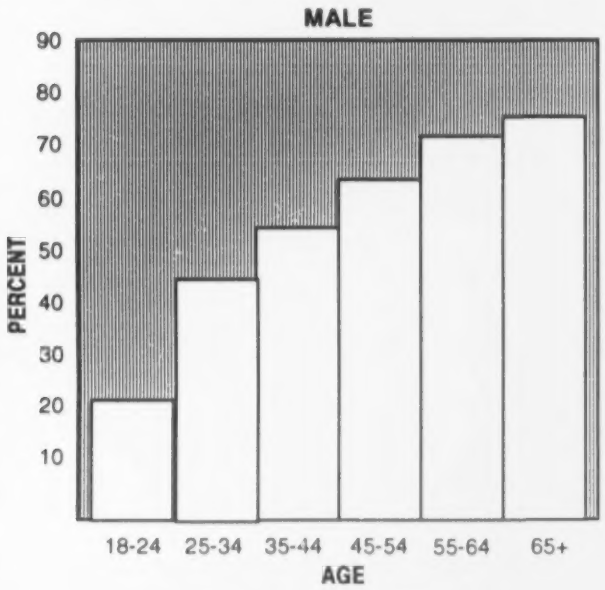
# PHYSICAL ACTIVITY LEVEL

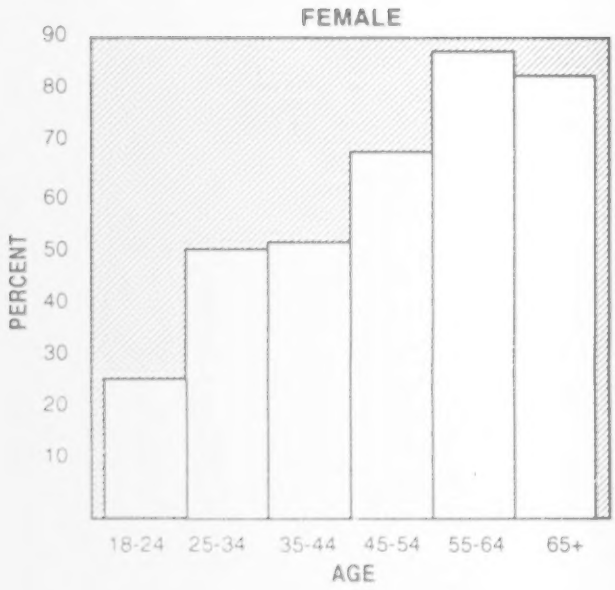
53.8% of New Mexican's surveyed reported a sedentary lifestyle (less than 20 minutes of leisure time activity at least three times per week). Overall, sedentary lifestyle increased with age. For men, walking, running and jogging ranked as the leading types of activities, while for women the ranking was walking, aerobics class, and bicycling.

| | Sedentary | Irregular Activity | Regular Activity | 1991 Objective |
|---|---|---|---|---|
| MALE | 34.2% | 22.6% | 32.2% | 11.0% |
| FEMALE | 33.2% | 17.8% | 35.8% | 13.2% |

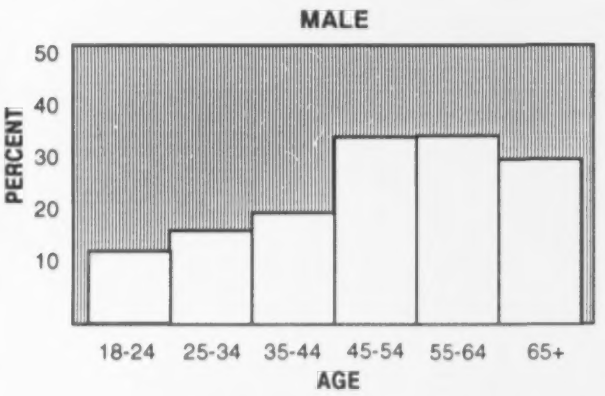
# CHOLESTEROL

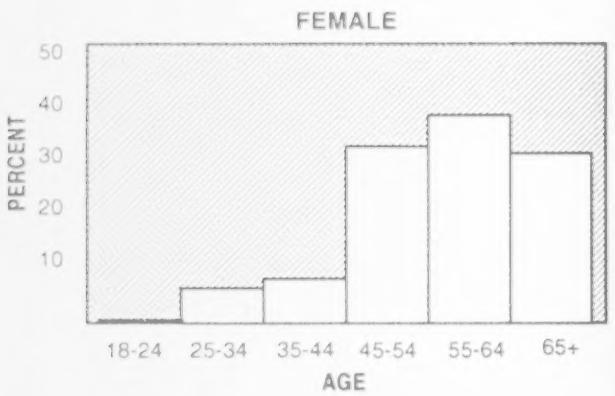
## Cholesterol Checked Within The Past Five Years




## Told Cholesterol High




The percentage of adults who reported having their cholesterol level (blood cholesterol is a fatty substance found in the blood) checked in the past five years was 56.2% in New Mexico. More females ( 59.4%) than males (52.7%) reported having their cholesterol checked. Of those who have been checked for cholesterol level, 23.2% reported that they were told that their cholesterol level was high. The percentage of persons reporting having their cholesterol checked increased with age.

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# HEALTH CARE COVERAGE

New Mexican's reported that 73.9% have some kind of health plan. Of the respondents who have some kind of health plan, 15.3% reported that their health plan covered all preventive services. An additional 47.6% reported that their health plan covered "most" preventive services and 13.0% reported that their plan included "none" of the preventive services.